

Vocabulary: phrasal verbs

Substitute the underlined parts of the text with the phrasal verbs from the box. Be careful about the tense!

polish off whip up tuck in pig out on live on
dine out snack on

My eating habits have changed a lot over the years. When I was a child I was always the first one to **1) start eating** and I was able to **2) finish** a gigantic plate of meat and potatoes in no time yet I still remained quite skinny. My mother could never understand how I managed to **3) eat huge amounts of** fast food and candy and not get sick.

All this changed when I started uni and I met a couple of people who were really into healthy eating. For 4 years I **4) ate only** organic food and read all there was about nutrition and diets. To my mom's surprise, in between meals I would **5) have some** raisins, celery sticks or cut up fruit .

Now, I think my diet is simply more balanced. I often **6) eat at restaurants** with friends and coworkers so I am unable to stick to a strict diet. Still, I try to eat at home as well although these are mostly small meals. Whenever I get peckish, I **7) quickly prepare** a huge veggie omelette or I use leftovers to make a sandwich.

1	Tuck in / dig in
2	Polish off
3	Pig out on
4	Lived on
5	Snack on
6	Dine out
7	Whip up